What is claimed is:

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- a state retention portion to store a bit of digital data, said state retention portion
- 3 having a first storage node and a second storage node; and
- a clocking portion to transfer a new bit of digital data to said state retention
- 5 portion in response to a clock signal, said clocking portion including:
- a first stack of transistors coupled to said first storage node to draw
- 7 current from said first storage node when a first digital data value is being
- 8 transferred to said state retention portion, said first stack of transistors including
- a first transistor having a gate terminal coupled to receive said clock signal and
- a second transistor having a gate terminal coupled to receive a delayed, inverted
- version of said clock signal.
- 1 2. The flip flop of claim 1, wherein:
- 2 said first and second transistors are N-type insulated gate field effect transistors
- 3 (IGFETs).
- 1 3. The flip flop of claim 1, wherein said clocking portion further comprises:
- 2 a second stack of transistors coupled to said second storage node to draw current
- 3 from said second storage node when a second digital data value is being transferred to
- 4 said state retention portion, said second digital data value being different from said first
- 5 digital data value, said second stack of transistors including a third transistor having a
- 6 gate terminal coupled to receive said clock signal and a fourth transistor having a gate
- 7 terminal coupled to receive a delayed, inverted version of said clock signal.
 - 4. The flip flop of claim 3, wherein:
- 2 said third and fourth transistors are N-type insulated gate field effect transistors
- 3 (IGFETs).

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- 1 5. The flip flop of claim 3, wherein:
- 2 said gate terminal of said first transistor is connected to said gate terminal of
- 3 said third transistor and said gate terminal of said second transistor is connected to said
- 4 gate terminal of said fourth transistor.
- 1 6. The flip flop of claim 1, wherein said clocking portion comprises:
- a clock node to receive said clock signal; and
- an inversion device coupled between said clock node and said gate of said
- 4 second transistor.
- 1 7. The flip flop of claim 6, wherein:
- said inversion device includes a conventional inverter.
- 1 8. The flip flop of claim 6, wherein:
- said inversion device includes a NOR gate having first and second input
- terminals and an output terminal, said first input terminal being connected to said clock
- 4 node, said output terminal being connected to said gate terminal of said second
- 5 transistor, and said second input being an enable input of said flip flop.
- 1 9. The flip flop of claim 1, wherein:
- 2 said state retention portion includes a single latch.
- 1 10. The flip flop of claim 9, wherein:
- said single latch includes first and second inverters in a cross coupled
- 3 configuration.
- 1 11. The flip flop of claim 10, wherein:
- said state retention portion includes a first pull up circuit connected between
- said first inverter and a power supply node and a second pull up circuit connected

- 4 between said second inverter and said power supply node, said first pull up circuit
- 5 having a first pull up transistor and a second pull up transistor connected in parallel to
- 6 provide two separate pull up paths for said first inverter.
- 1 12. The flip flop of claim 11, wherein:
- 2 said first pull up transistor is larger than said second pull up transistor.
- 1 13. The flip flop of claim 3, further comprising:
- a next state generation portion, connected to said clocking portion, to receive
- said new bit of digital data from an external source before it is transferred to said state
- 4 retention portion by said clocking portion.
- 1 14. The flip flop of claim 13, wherein:
- 2 said next state generation portion includes at least one inversion device to invert
- 3 a digital signal.
- 1 15. The flip flop of claim 14, wherein:
- 2 said next state generation portion includes an input node and a first inversion
- device connected between said input node and an end of said first stack of transistors.
- 1 16. A flip flop comprising:
- a state retention portion to store a bit of digital data, said state retention portion
- 3 including:
- 4 first and second inverters arranged in a cross-coupled configuration;
- a first pull up circuit connected between said first inverter and a power
- 6 supply node; and
- a second pull up circuit connected between said second inverter and said
- 8 power supply node;

- wherein said first pull up circuit includes a first pull up transistor and a second pull up transistor connected in parallel to provide two separate pull up paths for said first inverter.
- 1 17. The flip flop of claim 16, wherein:
- said first pull up transistor is larger than said second pull up transistor.
- 1 18. The flip flop of claim 16, comprising:
- a next state generation portion to receive, at an input node thereof, a new bit of
- digital data to be stored in said state retention portion; and
- a clocking portion to transfer said new bit of digital data from said next state
- 5 generation portion to said state retention portion in response to a clock signal.
- 1 19. The flip flop of claim 18, wherein said clocking portion comprises:
- a first stack of transistors connected to an input of said first inverter, said first
- 3 stack of transistors including a first transistor having a gate terminal coupled to receive
- 4 said clock signal and a second transistor having a gate terminal coupled to receive a
- 5 delayed, inverted version of said clock signal.
- 1 20. The flip flop of claim 19, wherein said clocking portion comprises:
- a second stack of transistors connected to an input of said second inverter, said
- 3 second stack of transistors including a third transistor having a gate terminal coupled to
- 4 receive said clock signal and a fourth transistor having a gate terminal coupled to
- 5 receive a delayed, inverted version of said clock signal.
- 1 21. The flip flop of claim 18, wherein:
- 2 said next state generation portion includes a first inversion device coupled
- between said input node and an end of said first stack of transistors and a second

- 4 inversion device coupled between said end of said first stack of transistors and an end
- 5 of said second stack of transistors.

1 22. A method comprising:

- 2 providing a memory cell having first and second complementary storage nodes;
- providing a first transistor stack coupled to said first storage node of said
- 4 memory cell, said first transistor stack having first and second transistors;
- 5 providing a second transistor stack coupled to said second storage node of said
- 6 memory cell, said second transistor stack having third and fourth transistors; and
- 7 clocking a new data bit to said memory cell, wherein clocking includes:
- 8 turning on said first and third transistors at a first instant in time; and
- 9 turning off said second and fourth transistors a short period of time after
- said first instant in time.
- 1 23. The method of claim 22, wherein:
- 2 clocking a new data bit to said memory cell includes:
- applying a clock signal to gate terminals of said first and third
- 4 transistors; and
- applying a delayed, inverted version of said clock signal to gate
- 6 terminals of said second and fourth transistors.
- 1 24. The method of claim 23, wherein:
- applying a delayed, inverted version of said clock signal to gate terminals of
- 3 said second and fourth transistors includes applying said clock signal to an input of an
- 4 inverter that has an output coupled to said gate terminals of said second and fourth
- 5 transistors.

- 25. The method of claim 22, wherein:
- applying a delayed, inverted version of said clock signal to gate terminals of
- said second and fourth transistors includes applying said clock signal to an input of a
- 4 NOR gate that has an output coupled to said gate terminals of said second and fourth
- 5 transistors.

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- 1 26. The method of claim 22, wherein:
- 2 providing a memory cell includes providing first and second inverters in a cross
- 3 coupled configuration, wherein said first complementary storage node includes an input
- 4 to said first inverter and said second complementary storage node includes an input to
- 5 said second inverter.
- 1 27. A computing system comprising:
- a digital processing device having at least one flip flop including:
- a state retention portion to store a bit of digital data, said state retention
- 4 portion having a first storage node and a second storage node, and
- 5 a clocking portion to transfer a new bit of digital data to said state
- 6 retention portion in response to a clock signal, said clocking portion including
- 7 a first stack of transistors coupled to said first storage node to draw current from
- 8 said first storage node when a first digital data value is being transferred to said
- 9 state retention portion, said first stack of transistors including a first transistor
- having a gate terminal coupled to receive said clock signal and a second
- transistor having a gate terminal coupled to receive a delayed, inverted version
- of said clock signal; and
- a flash memory coupled to said digital processing device.
- 1 28. The computing system of claim 27, wherein:
- 2 said clocking portion further comprises a second stack of transistors coupled to
- 3 said second storage node to draw current from said second storage node when a second

- 4 digital data value is being transferred to said state retention portion, said second digital
- 5 data value being different from said first digital data value, said second stack of
- 6 transistors including a third transistor having a gate terminal coupled to receive said
- 7 clock signal and a fourth transistor having a gate terminal coupled to receive a delayed,
- 8 inverted version of said clock signal.
- 1 29. The computing system of claim 27, wherein:
- 2 said clocking portion comprises a clock node to receive said clock signal and an
- 3 inversion device coupled between said clock node and said gate of said second
- 4 transistor.
- 1 30. The computing system of claim 27, wherein:
- 2 said state retention portion includes a single latch.